

YOU'RE NOT TOO BUSY TO GET FIT

THESE TWO MOMS GET YOU ON TRACK. PAGE 13

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A bloomin' pain

Allergies. Thanks to a drawn-out winter, spring is blooming all at once. That may be bad news for your nose. PAGE 02

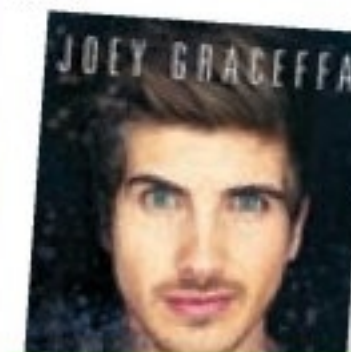
Boston is alive with the vibrant colors of spring, and though all the flowers and trees may be lovely to look at, the view comes with a price. / NICOLAUS CZARNECKI, METRO

Tainted drug cases may get review

PAGE 04

YouTube star Joey Graceffa gets candid

PAGE 08



Pats bring back Spikes despite issues

PAGE 16



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NEWS

Top 3

The best of Metro.us

- 1 'President Barack Obama posts first tweet, Twitter responds'
- 2 'Passengers file lawsuit against Amtrak over deadly U.S. derailment'
- 3 'I took a pole dancing class and now I can die a happy man'



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Allergies are rampant this time of year in Boston thanks to sprouting springtime flowers like these tulips in the Public Garden. / NICOLAUS CZARNECKI, METRO

Boston battered by bad allergy season

Health. And it turns out those pesky blizzards are to blame.

It's springtime in Boston, and all throughout the Public Garden, the Arnold Arboretum, and the Common, you can hear an array of birds singing paired with puffy pedestrians sneezing and groaning as they rub their inflamed eyes.

Medical experts say allergies are getting worse over time, partly because of seasonal changes tied to climate change, increased air pollu-

tion, rises in carbon dioxide that encourage some plants to produce more — and stronger — pollen and lowered immune system responses thanks to people using more antibiotics.

"This allergy season isn't necessarily worse than last year in terms of pollen count or anything like that," said Pam Cormier, nurse director at Brookside Community Health Center, the Jamaica Plain's Brigham and Women's branch. "Everything bloomed all at once and that's what is hitting people so hard."

This year, we're in the midst of an especially diffi-

cult round. Turns out the outrageously cold beginning to 2015 plays a big role in a double header of allergens. You remember those blizzards, right? You thought we were done with the effects? Wrong.

The late arrival of spring means we're dealing with the lethal combination of tree pollens and grass and plant pollens being released at the same time — usually the different kinds of pollen would be unlikely to hit us all at the same time.

Cormier said that Brookside and other health centers are seeing a high number of patients suffering from al-

lergy symptoms at a higher number than normal, but not at a concerning rate.

"Patients are getting slammed by birch, maple and pine pollen, but that's what happens this time of year," Cormier said.

The city is in the midst of heavy pollen season, she said, but it will taper off come June.

The Boston forecast from Pollen.com predicts a wicked high pollen count this week — hitting above 10 on Wednesday.

NATE HOMAN AND NIDHI PRAKASH
@MetroBos
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Quoted



"It's been an extremely bad season. It's more

persistent than the season before. It's more of an everyday thing than an on-and-off thing like previous years."

Harvey Xie, 19, Milton



"This season has been more pleasant

than most years, actually. I might be immune to it. I see other people struggling, but I've been spared so far."

Carson Andrews, 20, Allston

Allergy stats and tips

Roughly 50 million Americans have nasal allergies, according to the American College of Allergy, Asthma & Immunity. Experts at the Mayo Clinic say the best way to deal with allergies are:

- Reduce your exposure to triggers like pollen by avoiding outside chores, and wearing a mask if you can't avoid them.
- Close doors and windows at night or at other times when pollen counts are high.
- Change clothes when you go home if you're outside during the day.



Edwin Alemany is accused of murdering Amy Lord. / GLOBE STAFF

Trial. Jury selection begins in case of South Boston woman's brutal murder

Jury selection got underway Monday in the murder of Amy Lord, the 23-year-old South Boston woman who was kidnapped and fatally stabbed nearly two years ago.

Edwin Alemany, 30, is charged with first-degree murder, kidnapping, armed carjacking, two counts of armed robbery, two counts of

armed robbery while masked, armed assault with intent to rape, stealing by confining, arson of a motor vehicle in connection to the Wilbraham native's murder.

Prosecutors alleged that Alemany forced Lord into a car at knifepoint near her apartment in the early morning hours of July 23, 2013, then forcing her

to make withdrawals from two ATMs. She was then forced to drive to Stony Brook Reservation, investigators claim, where a jogger found her remains.

Alemany also faces a slew of charges in connection to three additional attacks that occurred in Southie and Mission Hill prior to Lord's death.

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Mass. court paves way for reviews of tainted drugs

Investigation. The decision from the Supreme Judicial Court is the latest fallout from one of the country's biggest crime lab scandals.

Massachusetts' top court on Monday paved the way for potentially thousands of people convicted of drugs crimes to be re-tried because their cases involved evidence from a rogue crime lab scientist.

Scientist Annie Dookhan tainted as many as 40,000 drugs cases at the now-closed Hinton State Laboratory Institute by falsifying results. Dookhan pled



Annie Dookhan at Suffolk Superior Court / GETTY IMAGES

guilty in 2013 to tampering with evidence at the Hinton lab, where she worked from 2002-2011.

Defendants who seek new trials "cannot be charged with a more serious offense than that of which he or she

initially was convicted under the terms of a plea agreement and, if convicted again, cannot be given a more severe sentence than that which originally was imposed," the court's panel of justices said.

Investigators have said her mishandling of evidence may have tainted cases involving as many as 40,000 people, shaking the foundations of the state's criminal justice system. Prosecutors estimate that about 20,000 of those cases resulted in convictions.

More than 300 people convicted of drug violations have been released from prison as a result, and many others are seeking retrials.

Dookhan is serving a three- to five-year prison sentence.

REUTERS



City worker parents get paid leave

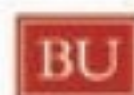
Boston Mayor Marty Walsh on Monday signed into effect the first-ever paid parental leave policy for city of Boston employees at Boston City Hall. The ordinance allows for up to six weeks of paid parental leave to both men and women. / NICOLAUS CZARNECKI, METRO

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Waco, Texas. Revenge attacks feared after deadly biker gang shootout

Police worried about retaliation attacks after 170 people were charged on Monday in connection with Sunday's shootout between motorcycle gangs that left nine dead and 18 wounded at a Waco, Texas, restaurant turned into blood-soaked shambles.

Bikers from at least five rival gangs attacked each other with guns, knives, brass knuckles, clubs and motorcycle chains at a Twin Peaks Sports Bar and Grill in the central Texas city. No bystanders or police were injured, police said.

When the bikers began shooting, officers moved in, some of them also firing their weapons. When the shooting ended, bodies were scattered in the restaurant and across two parking lots.

"I will tell you that we have had threats against law enforcement officers throughout the night," Waco Police Sgt. Patrick Swanton said at a news briefing, adding that hospital staff have also been threatened and bikers were reported to be traveling to the city following the shooting.

"Yesterday's events was bad guys on bad guys. When our officers arrived, those bad guys turned their guns on our officers," he added.

Police would not immediately release information about how they were holding the massive group, out of security concerns. Those taken into custody were charged with engaging in organized crime for capital murder and likely will face charges related to the bloodshed after an investigation of the sprawling crime scene that is expected to be lengthy, police said.



Waco Police Department Public Affairs Officer Sgt. Patrick Swanton gives a news conference in front of the Twin Peaks restaurant in Waco, Texas. / GETTY IMAGES

Weapons

100

About 100 weapons were recovered from the crime scene strewn with shell casings, police said.

"Some of those may have been witnesses. Many of those are going to be individuals involved in the shooting, and criminal charges may be applicable for that," Swanton said.

The Texas Alcoholic Beverage Commission closed Twin

Peaks, located at a shopping mall by a busy highway, for at least seven days "due to the ongoing danger it presents to our community," police said.

Twin Peaks is a chain restaurant known for scantily clad waitresses serving bar food and large mugs of beer.

The Waco restaurant had been used as a meeting place for motorcycle gangs for the past few months, police said. They had asked the restaurant's managers to put a halt to the meetings but said they did not heed the requests.

REUTERS

Gangs

Bikers, beer and bloodshed

Among the gangs involved in the shooting were the Bandidos Motorcycle Club, which the U.S. Justice Department says has between 2,000 to 2,500 members in the United States and 13 other countries. It is one of the biggest motorcycle gangs and a rival to the better-known Hells Angels.

"The Bandidos are involved in transporting and distributing cocaine and marijuana and are involved in the production, transportation and distribution of



Bandidos / GETTY IMAGES

methamphetamine," according to a Justice Department fact sheet.

The gangs try to keep under the radar as much as

possible to avoid attention for their criminal activities. But the tension between the Bandidos and at least four rival groups in Texas, including the Cossacks, came to a head at the gang meeting in Waco.

The fight started in a restroom that moved into the restaurant and then spilled out into parking lots where police had positioned themselves in anticipation of trouble.

It quickly escalated into a fistfight, which turned into a knife fight, which immediately turned into a gunfight.

REUTERS

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Four things to know



President posts first tweet

The President of the United States (POTUS) finally got his very own Twitter account. Let the trolling begin.

After six long years as president, Barack Obama has finally joined Twitter with his very own personal account.

On Monday morning, POTUS made his first tweet: "Hello, Twitter! It's Barack. Really! Six years in, they're finally giving me my own account."

As soon as the tweet was posted, it went viral instantly with over 58,000 retweets. More than 62,000 people

favorited Obama's first tweet.

His wife Michelle (FLOTUS) has been tweeting since 2013, so it was about time her hubby stepped his game up and joins the Twitterverse. As of now, POTUS is following 65 people on his account including major Chicago sports teams such as the Blackhawks, White Sox, Bulls and Bears. He also followed George W. Bush too. We guess he's interested in what he's been up to lately.

Although many people congratulated Obama for getting his own Twitter account, others, of course, seemed to reply with sarcastic comments.

LENYON WHITAKER, METRO

Colo. movie massacre jurors quizzed about Boston verdict

Lawyers for Colorado movie massacre gunman James Holmes asked that jurors in his murder trial be questioned on Monday about whether they saw reports of the death sentence given to the Boston marathon bomber, arguing it could affect their impartiality.

Prosecutors have said they will seek the death penalty if the 27-year-old Holmes is convicted for killing 12 people and wounding 70 during the midnight premiere of a Batman film at a Denver-area multiplex in July 2012. REUTERS

Hearings on Fiat Chrysler recalls

The Obama administration announced a public hearing to scrutinize how the automaker has handled 20 recalls affecting more than 10 million vehicles.

The National Highway Traffic Safety Administration said Fiat Chrysler could face up to \$700 million in fines and be required to buy back or replace vehicles if regulators find evidence that it failed legal recall obligations. REUTERS

AT&T working on exclusive content for connected cars

AT&T is gearing up to bring connected car users exclusive content such as videos and games that can be streamed onto personal mobile devices, AT&T's Senior Vice President of Emerging Devices Chris Penrose said.

"It's no different than being able to hook onto a Wi-Fi hotspot anywhere and get access to content you already subscribe to and get unique content that you could only get in the back of the vehicle," Penrose said.

AT&T has signed up eight automaker partners, including General Motors, Audi and Ford, to hook up cars with Internet access. REUTERS

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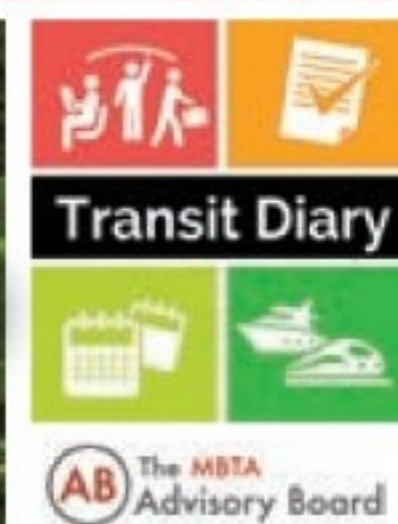
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Rebel Wilson sits upon a throne of lies

"Pitch Perfect 2" star Rebel Wilson has been on quite the road to fame from her humble beginnings in Sydney, Australia. But if a former classmate is to be believed, Wilson has maybe been on that road a bit longer than she's letting on. An anonymous source — and probably a member of their high school reunion committee — tells Woman's Day that 29-year-old Wilson used to go by a different name — and a different age. "I studied with Rebel at Tara Anglican School for Girls in North Parramatta, Sydney," the classmate says. "But no one knew of a Rebel Wilson. Her name is — or was — Melanie Elizabeth Bownds, and she's 36." Ouch. Wilson has previously confirmed that at school she never went by Rebel but instead by her two middle names, just like her siblings Liberty, Anarchy and Ryot, but what about the age

discrepancy? Or maybe, I don't know, this supposed classmate just has Wilson confused with someone else?

ALL PHOTOS
GETTY IMAGES



Leighton Meester and Adam Brody expecting a baby



In adorable couple news, Leighton Meester was spotted with an undeniable baby bump while out in L.A. with hubby Adam Brody. Despite all the on-screen drama on their respective shows, "Gossip Girl" and "The O.C.," the couple is pretty tight-lipped when it comes to their relationship. Meester did let it slip to Nylon magazine back in October that she was ready to start a family. God help her if it's a girl; you know everyone will be gifting her baby headbands with giant bows until that kid hits puberty. **EMILY LAURENCE**

THE WORD

Ned Ehrbar takes on the world of gossip.

NED EHRLBAR
@Nedrick
metro.us



2 Prince Harry doesn't like the Bridget Jones comparisons

Apparently some people have been comparing rakish royal bachelor Prince Harry to unlucky-in-love Bridget Jones because of his romantic track record, but the Prince just isn't having it. "Bridget Jones? Where'd that come from? Because I write my own diary or because

I don't have a girlfriend?" he tells the Mirror. "Bridget Jones? That's sad. No, for me, it's good — I'm very happy not having a girlfriend. It's not a case of anything. I'm not, sort of, looking. It's cool." Sure, Harry. Whatever you say. Here, have some ice cream.

Daily video



DREAMWORKSTV, YOUTUBE

Kid Avengers: A Little Age of Ultron

Before we move on completely from the Marvel blockbuster that kicked off "summer" mov-

ie season earlier this month, here's one more hilarious take on it from DreamWorksTV that subs out the franchise's adult stars with a cast of kids, with results that are both adorable and hilarious.

2

CULTURE



Twitter feed

Today, Mindy Kaling is delirious, Russell Brand smells a conspiracy, and Ed Sheeran gets the munchies.

@mindykaling: Jet lag and wandering around my Cannes hotel, checking out the crown moulding

@rustyrocks: Do you think it's funny that letters of Prince Charles are getting suppressed?

@edsheeran: Dirty midnight burger and fries and nuggets get in my belly now fanks

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Joey Graceffa comes out as gay in new book

Memoir. And that's just one of the shockers the YouTube personality drops in his new book, "In Real Life."

With 4.4 million subscribers, 24-year-old Joey Graceffa has garnered a dedicated fan base through his game-play videos and vlogs. On YouTube, his personality is sunny and upbeat, but Graceffa's new memoir (out today) shows that his life has been far from easy.

Family secrets

Graceffa talks candidly in the book about growing up with an alcoholic mother. Some of the scenes are violent and intense. "There are definitely some moments where I talk about my mom that I had never shared before with anyone — even my family — and it's being talked about in the book," he says.

"I [used to] keep those moments in the back of my head, and I thought they were going to go away, but by writing this book, it really healed a lot of the wounds that I didn't even

realize were there."

A teaching moment

He also writes about what it's like to grow up with an autistic brother, whom he is very protective of and close with.

"I've seen people be afraid because they don't know how to interact or communicate with an autistic kid, and I just don't want my brother or any other kid out there who is dealing with that to feel like they're less of a person than anyone else," he says.

Coming out

Graceffa says his sexuality has always been one of the biggest questions his fans had for him, but the book is the first time he's addressing the question that, in his words, everyone wants to know. "I'm very excited," he says. "It will allow me to be more honest and open with everyone."

"In Real Life" is not only an eye-opening read, it's a good reminder to young adults that they don't know the people they follow on YouTube or Instagram as well as they



Joey Graceffa gets more honest than ever in his new book. / PROVIDED

think. What happens "In Real Life" is a more complicated story.



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Going offline

Why a book?

"There's only so much you can say in a video, only so deep you can get," Graceffa tells us about the decision to reveal

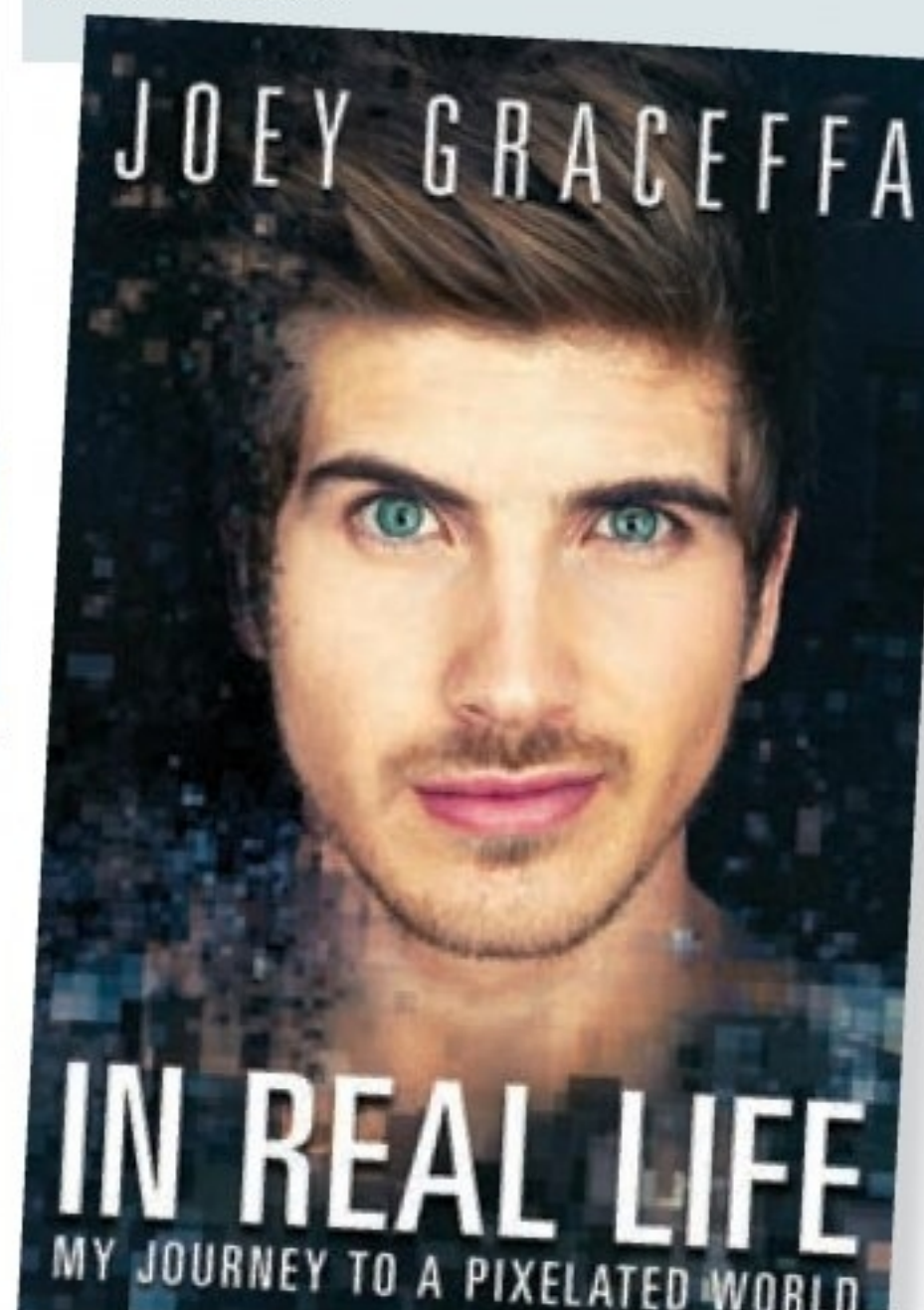
everything by writing a book instead of talking about it on YouTube. "I had a lot more freedom to expand and go deeper into my experiences through writing."

If you go

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SANSA AND ARYA FACE THE BRUTALITY OF THEIR WORLD

Arya and Sansa Stark bookend "Unbowed, Unbent, Unbroken," a potent but disturbing episode of "Game of Thrones."

Episode MVPs

The Stark sisters never got along, but the show has been drawing a lot of parallels between them this year, even though they're continents apart. Arya opened "Unbowed, Unbent, Unbroken" by descending deeper into the House of Black and White, where she's training to become a face-changing assassin. She was shown into a room with walls covered in human faces, and it was like she was walking into some horrific lost fairy tale.

The same could be said of Sansa, who was wed to the

'Thrones' on the Web

WINTER IS COMING

As the editor-in-chief for Winter is Coming, Dan Selcke spends his time writing about the latest "Game of Thrones" news and preparing for the long night that will have no end.

Read more at Winteriscoming.net.

monster Ramsay Bolton in an ethereal sequence at Winterfell before consummating the marriage in a brutal scene destined to be debated for weeks to come. Both Arya and Sansa brushed up against real darkness this week. Arya seemed almost exhilarated while Sansa just tried to keep

her head above water. Her story provided the episode with its bleak, beating heart.

Elsewhere, the various plot threads churned on. Cersei won another battle in her ongoing war against the Tyrells, while Tyrion and Jorah continued their journey to Meereen. To lighten things up, the episode also included a swashbuckling action scene down in Dorne, where Jaime Lannister fought to protect his daughter from the hot-blooded Sand Snakes.

Our watch for next week begins

Stannis was a no-show this week but continues to march on Winterfell. More and more, it's looking like the season will come to a head with a battle



Sansa's storyline in Winterfell continues to provoke conversation. / HBO

between him and the Boltons. This would allow the producers to include characters like Sansa and Brienne in the climax, as they're hanging around the margins of that conflict. Also, there was a noticeable uptick in snowfall during the Winterfell scenes. If the show follows the books, snow will soon play a big role in the characters' choices as winter finally comes and makes its presence felt.

Parenting

Sean Bean, Jon Snow and major spoilers

Of all the mysteries on "Game of Thrones," the most enduring is the one surrounding Jon Snow's parentage. Sean Bean, who played Jon's father

Ned Stark back in Season 1, recently spoke about the topic to Vulture. "He's not my child," Bean said of Jon. "That's what I suspected all along." This season, the show has hinted that it's building to some sort of revelation, so Bean might soon have his suspicious confirmed.



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Memorial Day means more than the start of a long-awaited summer. For students at Bunker Hill Community College (BHCC), it's a chance to get started on practical courses to prepare for well-paid careers.

A glance inside the BHCC 2015 Summer Course Schedule reveals affordable, full-credit courses that lead to high-demand jobs. Here are just a few:

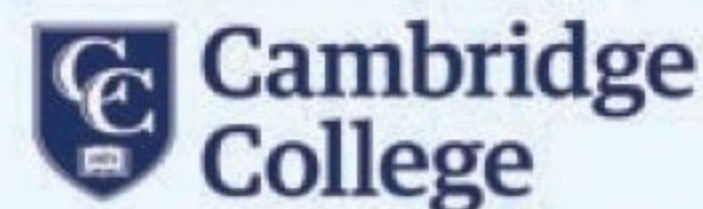
Boston's innovation economy needs people educated in STEM subjects—that stands for science, technology, engineering and math. BHCC classes in **computer information technology, engineering, biotechnology and math** prepare students for positions in **medicine, government and computer support**.

What about the environment? New courses at BHCC train students to use skills from biology and chemistry to investigate environmental problems.

The U.S. Bureau of Labor Statistics projects job growth for **emergency medical technicians and paramedics** at nearly ten percent through 2018. BHCC Paramedic and EMT programs at our Chelsea Campus are educating students for those jobs.

If you've never checked out BHCC, you may not know it's one of the Bay State's most diverse colleges. Sixty-seven percent of the students are people of color and more than half are women. They don't have to go far to get their careers started, with campuses in Boston, Chelsea and three satellite locations around the city.

Make this summer work for you. Go to bhcc.edu/metro and register today for a summer course that could change the course of your career.



Dare to Teach, Dare to Dream: The Necessity of Urban Education

By Dr. Sheila Wright, Dean of Cambridge College's School of Education

On the Red Line, a Boston Public Schools (BPS) recruitment poster included the phrase "dare to teach," which derives from Paulo Freire's book *Teachers as Cultural Workers: Letters to those who Dare to Teach*. In his letters, Freire highlights the value of people and culture, the necessity of teaching with integrity and compassion regardless of the person and community served, the relevance of critical thinking to reflective practice, and the intricate relationship between teaching and learning.

"Dare to teach" reflects the inherent nature and value of teaching in urban settings, where the preponderance of life and societal issues can (and do) affect students and their families in ways that teachers can neither avoid nor deny. Consider this: BPS is one of the most diverse districts in the nation where over 40% of its student population speak a language other than English. The complexity, magnitude, frequency, and intensity of societal issues within the district can hinder the individual and collective advancement of people marginalized and disenfranchised by circumstances largely beyond their control. Cambridge, Lawrence, Springfield, and other communities share similar urban challenges. "Dare to teach" charges teachers to support the success of all, regardless of community served.

After more than 30 years of teaching throughout the pipeline, it is abundantly clear to me as a dean at Cambridge College that if you prepare someone to teach in an urban setting, you prepare them to

teach anywhere. More importantly, you prepare them to be flexible and to think about this work differently – as cultural workers.

If we remove the blind-spots, suspend reality, and see the possibilities inherent in the knowledge and ability of others, we reveal their hidden talents. To do this requires that we first hear and understand their stories, recognize the situational factors affecting teaching and learning, and "dare to teach." If we persist despite the odds, ignore the naysayers, and help learners get into the deep of things, then we all achieve success. That is the pull towards excellence.

As I rode the Red Line on my way to yet another day of helping those who help others dare to teach, I was reminded of the dream of M.L. King and the words of T.E. Lawrence:

All men dream, but not equally. Those who dream by night in the dusty recesses of their minds awake in the day to find it was vanity. But the dreamers of the day are dangerous men, who may act their dream with open eyes to make it possible.

Nestled between MIT and Harvard, find your dream at Cambridge College. Dare to teach, dare to lead. Urban education is essential to our continued success as a nation; it is required to unlock our future. As we champion science, math, special education, ESL and more, actualize your dream in the School of Education at Cambridge College, so that others can also teach and learn in a world of greater acceptance and reverence for all.

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Getting ahead. Five career-building summer tips for journalism students

Attending your news-writing class is only a small fraction of the successful journalist equation. What you do in your free time matters too, and what better opportunity to get your reps in as a budding journalist than summer?

Establish contacts

For journalists, being able to establish yourself within a certain beat or among a specific audience is important in order to get your voice heard. Social media has certainly made it easier. Tweet at your classmates and other writers, and don't be shy about sharing your work on your Facebook timeline.

Ask someone to coffee

Picking the brain of someone who is where you want to be after you graduate is a great way to get a glimpse into the industry. The more people who



Just because school is out doesn't mean you should stop working.

ISTOCK

know your name now, the more people who can potentially help you later on down the road.

Build up your portfolio

All of the work in your portfolio doesn't necessarily have to be published pieces. Your own work — whether it's written,

visual, audio or digital — can definitely be integrated. Show that you have diverse talents and interests.

Collaborate

Like many careers, journalism is an ideal profession to collaborate with like-minded and driven people. Team up to write a great feature article, work on a compelling broadcast piece or publish a podcast.

Experiment with new media

While you may excel at one platform, chances are your skills are lacking in another. Learning many skills will only enhance your storytelling.

AARON NAVARRO

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wellbeing

MAKE HEALTHY YOUR NEW HAPPY

Ditch the 'too busy' excuse

Wellness bloggers
Two Fit Moms
on making time
for better living.



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Masumi Goldman and Laura Kasperzak, better known collectively as Two Fit Moms, know what it's like to be busy — the fitness gurus maintain a blog, master yoga and keep healthy homes all at once. Adding to the list is a new collaboration with Gaiam and Kohl's on their own line of yoga clothing.

But Goldman and Kasper-

zak say it's not as difficult as it seems to make time for some handstands and downward dogs, especially when you can incorporate your kids into your workout.

Schedule your fitness

"The key to any exercise program, whether you have children or not, is to find a nonnegotiable time to do it," says Goldman. "Leaving it up to fate is not a good way to guarantee consistency." Having kids means the middle of the day is hectic, so take an hour or even just 30 minutes for yourself before they wake up in the morning or after you put them to bed at night. "On days when those

times don't work, incorporate exercise into your daily activities," she continues. "A 15-minute walk or jog with a baby in the stroller counts. A short yoga practice during nap time also works. Small efforts add up to big success."

Make the kids part of your workout

Moms actually have a natural excuse to be active because of their kids, whether it's chasing after them in the park or getting them to join in on their yoga practice. "My favorite exercise to do with my kids is AcroYoga," which involves balancing your partner above you, says Kasperzak. "They love it

because they feel like they are flying — and I love it because it makes me feel like a kid again! We laugh constantly."

Is yoga enough to stay in shape?

"If yoga is going to be your only workout, I recommend including a form of yoga a few times a week that raises your heart rate and challenges you physically," advises Goldman. Yoga comes in many varieties, but not all of them will give you a fat-burning, aerobic workout.

But just because yoga works for the Two Fit Moms doesn't mean it's right for you. "The best exercise is

the one that you are willing to do with consistency," Goldman says. "If you hate running, there's a good chance that you won't stick with it day after day, year after year."

Ease into a routine

"For beginners, my advice is always the same: Start out by dedicating 15 minutes a day to yourself," says Kasperzak. "The most important thing is to make it a daily practice and to have patience." Don't expect everything to just fall into place. Use the initial 15-minute sessions to learn the basics and proper techniques for any exercise

Maintain good nutrition

"Get into the habit of preparing your breakfast the night before," says Goldman. "It's so important to start the morning on the right foot because it sets the tone for the entire day."

She takes some of the effort out of it by prepacking her blender with the fruits and vegetables for her smoothie at night and sticking it in the fridge. Just take it out in the morning, add yogurt or milk and blend.

you want to start.

Kasperzak also recommends keeping a daily journal to track what you did and your emotions each day. "You will be surprised how much better you feel each day after your workout!"

Comfort eaters had good childhoods

You love food because you love the people who made it.

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The question of why we find comfort in food has finally been answered. During difficult times, we crave our childhood familiar favorites — and for many of us, that means pasta, ice cream or chocolate — because of the good feelings we associate with that time in our lives, according to a new study out of the University of Buffalo.

"Comfort foods are often the foods that our caregivers gave us when we were children," says study leader Shira Gabriel. "As long as we have a positive association with the person who made that food, then there's a good chance that you will be drawn to that food during times of rejection or isolation."

To figure out why celery, for example, doesn't have the same effect, the scientists first assessed participants' at-



A new study explains why we take comfort in old — and often unhealthy — favorites in times of need and sadness. ISTOCK

tachment style — that is, the strength and stability of their emotional bonds — through a questionnaire. Then they were either given a writing assignment designed to make them feel lonely or on a neutral topic.

"We found that among those with strong relationships, experiencing the lonely writing task made them evaluate potato chips more favor-

ably than others," explains co-author Jordan D. Troisi.

In a follow-up study, the participants' attachment styles were again assessed. They were then asked to keep a record of their feelings of loneliness and when they ate for comfort for two weeks. Again, "we found that for those with strong relationships, experiencing loneliness led to a much greater likeli-

hood of consuming comfort food," Troisi says.

The scientific basis for emotional eating didn't come as a surprise. "Across the world, food is imbued with meaning and significance. We all need to eat to stay alive, but our research shows that we also need to eat for our psychological health," Troisi says.

Unfortunately, it's very unlikely that vegetables can bring that emotional satisfaction. "Green beans or salad can't be considered as comfort food; it needs to be rich to be able to give us emotions — and it has nothing to do with [whether] you like green beans or not," says Jean-Philippe Zermati, a nutritionist and author of "Losing Weight Without Dieting."

He continues: "Science hasn't figured out why yet, but only rich food is able to trigger emotions and stimulate what we call the reward circuit."

Until then, there's no need to feel guilty so long as you can indulge in moderation. "When you eat rich food, it takes more time to feel hungry again, so you will automatically compensate by eating less at the next meal," the expert adds.

Recipe

Crispy Duck Lasagne



PROVIDED

These days, U.K. chef Jamie Oliver is focusing on getting healthier meals into schools, but he's also a chef who knows that when it's time for the dishes we crave, nothing else will do. He calls this "a dish to create memories" from his definitive guide to family classics, "Comfort Food."

Ingredients:

- 1 whole duck
- olive oil
- 4 cloves of garlic
- 1 bunch fresh oregano
- 4 cups fresh or frozen spinach
- 1 whole nutmeg, for grating
- 1 onion

- 2 carrots
- 2 sticks of celery
- ¾ cup Chianti
- 56 oz. canned plum tomatoes
- 2 fresh bay leaves
- 2 cloves
- fresh pasta sheets
- 2.5 tbsp. Parmesan cheese

For the white sauce:

- 7 tbsp. unsalted butter
- ¾ cup plain flour
- 4 cups 2% milk
- ¾ cup cheddar cheese
- ¾ cup Fontina or Taleggio cheese

For the instructions to this recipe, go to Metro.us.

Once upon a couch

KIM SCHNEIDERMAN, MSW, LCSW
NOVEL-PERSPECTIVE.COM

Kim Schneiderman's book "Step Out of Your Story: Writing Exercises to Reframe and Transform Your Life," is due to be published in the spring. Email Kim your questions at askkim@metro.us.



What to say when life doesn't smell like roses

This spring, I will be getting divorced. Because everyone is in such good spirits, I feel like I have to pretend that I'm OK, but I'm devastated. When people ask how I am, I never know how much to share.

When you're in crisis, a simple "How are you?" can feel like the prelude to a hug or a punch in the gut, depending on who's asking and when/where the question is being asked. From a trusted friend, it can feel like a much-welcomed invitation to unburden your heart. But from a colleague or acquaintance, it can serve as a reminder that you're not OK as you find yourself fighting back emotions.

Sometimes, keeping up appearances is necessary and unavoidable, particularly in professional situations. But pretending can also be exhausting, especially when your emotional resources are already taxed. It also perpetuates the idea that it's

somehow shameful to be sad, even though your feelings are completely understandable.

I'm a big fan of authenticity. Not only will being honest help you feel better, but it also encourages others to be open, creating opportunities for deeper connections. That doesn't mean you need to share the play-by-play of your unraveling marriage with a nosy neighbor or gossipy relative. Rather, express your truth while using discretion about what you share and with whom. Here are some things to consider:

1 Surround yourself with friends and family with whom you can be real. While socializing may be a beneficial distraction, for your own emotional wellbeing, you need to be able to share your truth so you don't bottle up emotions or feel isolated. That way, when anyone asks how you are, you can answer honestly.



When you're hurting, don't isolate yourself — but pick the right people to open up to. ISTOCK

2 You have a right to your privacy. While people may be curious, they don't need to know everything that's happening in your life. In a professional environment, consider what and how much you feel comfortable sharing. Perhaps

you have one or two people whom you trust to keep your confidences. For everyone else who asks how you are (presuming they know about the divorce), you might simply reply, "I'm sad but hanging in there. Thanks for asking." You can even add that

"divorce sucks" (in your own words) if you feel the need to say more.

3 Remember that you're not alone: Fifty percent of all marriages end in divorce. Consider joining a support group for divorcees. That way, you can share openly, learn from others and make new single friends.

Finally, it's worth noting that even though the world looks rosy in springtime, don't presume that everyone is frolicking in the tulips. Studies show that we tend to overestimate other people's happiness and that such assumptions make us feel needlessly deprived or inadequate. Life is sometimes hard. As Dr. M. Scott Peck wrote in "The Road Less Traveled": "Once we truly know that life is difficult — once we truly understand and accept it — then life is no longer difficult. Because once it is accepted, the fact that life is difficult no longer matters."

Horoscope

Taurus | April 21-May 21
If asked to provide help for someone who was once close to you, you should do so with care. Be compassionate, but don't try to revive the previous intimacy you once shared.

Gemini | May 22-June 20
Be realistic. You will burn out if you don't slow down and take care of your health. Make time for personal needs instead of just doing things for everyone else.

Cancer | June 21-July 22
Don't allow anyone to push you around. If your motivations are clear, there will be no reason to accept criticism or debate from others.

Leo | July 23-Aug. 22
A personal change will improve your self-image and confidence. You will be able to convince others to come on board if you present your ideas with vigor and dynamism.

Virgo | Aug. 23-Sept. 22
Joint ventures look promising, but read the fine print before making a commitment. Clear your agenda in order to spend time on personal pleasures. Do something with someone you love.

Libra | Sept. 23-Oct. 22
Now is the time to tie up loose ends. You will gain credibility if you are seen as a take-charge individual who can handle any situation.

Scorpio | Oct. 23-Nov. 21
Don't deceive others about the way you feel. Honesty will strengthen a good relationship. You'll face criticism if you don't keep your end of the bargain.

Sagittarius | Nov. 22-Dec. 21
Share your ideas. A respected acquaintance will provide the key to a home-based business venture. A sound financial investment will pay off if you are willing to work hard.

Capricorn | Dec. 22-Jan. 20
Prepare to jump at a romantic opportunity. The time is right for love. Limit large social gatherings, and spend some one-on-one time with the person who intrigues you most.

Aquarius | Jan. 21-Feb. 18
Your dwindling bank account will require you to make some difficult choices. Durability and versatility will allow you to rise above unanticipated workplace changes. Diversify and prosper.

Pisces | Feb. 19-March 20
Someone will try to exploit your generosity. Be helpful and sympathetic, but keep your cash in a safe place. Trying to bankroll someone else's venture will be a costly mistake.

Aries | March 21-April 20
Make sure all of your bases are covered before you sign up for a joint venture or make a commitment. Something that sounds too good to be true will be a disappointment. **EUGENIA LAST**

Letters to the editor

Are Russians all that evil?

Re: 'Death on delay' (Metro, May 18) Although I believe in an eye for an eye, the zeal with which the media is touting the death penalty for the surviving Boston bomber [Dzhokhar Tsarnaev] is unwarranted. Executing those involved in embarrassing situations seems to be our standard. Who was executed in the 1988 bombing of Pan Am Flight 103? Nobody. Who was executed in the 1993 bombing of the World Trade Centers? Nobody. Now all of

the presidential candidates are saying that the our war with Iraq was a mistake, but they won't call for the release of the 28 pages of the 9/11 Commission report linking our "buddies" Saudi Arabia to funding the training of the crews who hijacked airliners and flew them into our buildings.

Executing Timothy McVeigh [of the] Oklahoma City bombing ended the embarrassment of the fact that no BATF or FBI agents were killed or injured. Why was every badge-carrying federal agent absent from work at (9 a.m.) on a weekday morning, their offices staffed only

with civilian clerical workers? What did these agents know ahead of time?

During the trial of Tsarnaev, I do not recall the media mentioning that the Russian intelligence agency FSB cabled the FBI about its concerns in March 2011, warning that Tsarnaev was known to have associated with militant Islamists. After the bombing and [Tamerlan] Tsarnaev was dead, Ibragim Todashev became a suspect and was questioned by the FBI. Ibragim told his family and friends that the FBI was going to kill him. FBI agents, during a questioning, shot him six times.

He had no gun!

When will America wake up and realize that the Military Industrial Complex, which outgoing President Eisenhower warned us about, has gotten more sophisticated. On 9/11, America started to die and now we are in a coma oblivious to the theft of rights and growing debt and virtually every American is now a suspect. **JOSEPH DUPONT**

letters@metro.us



Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact info.

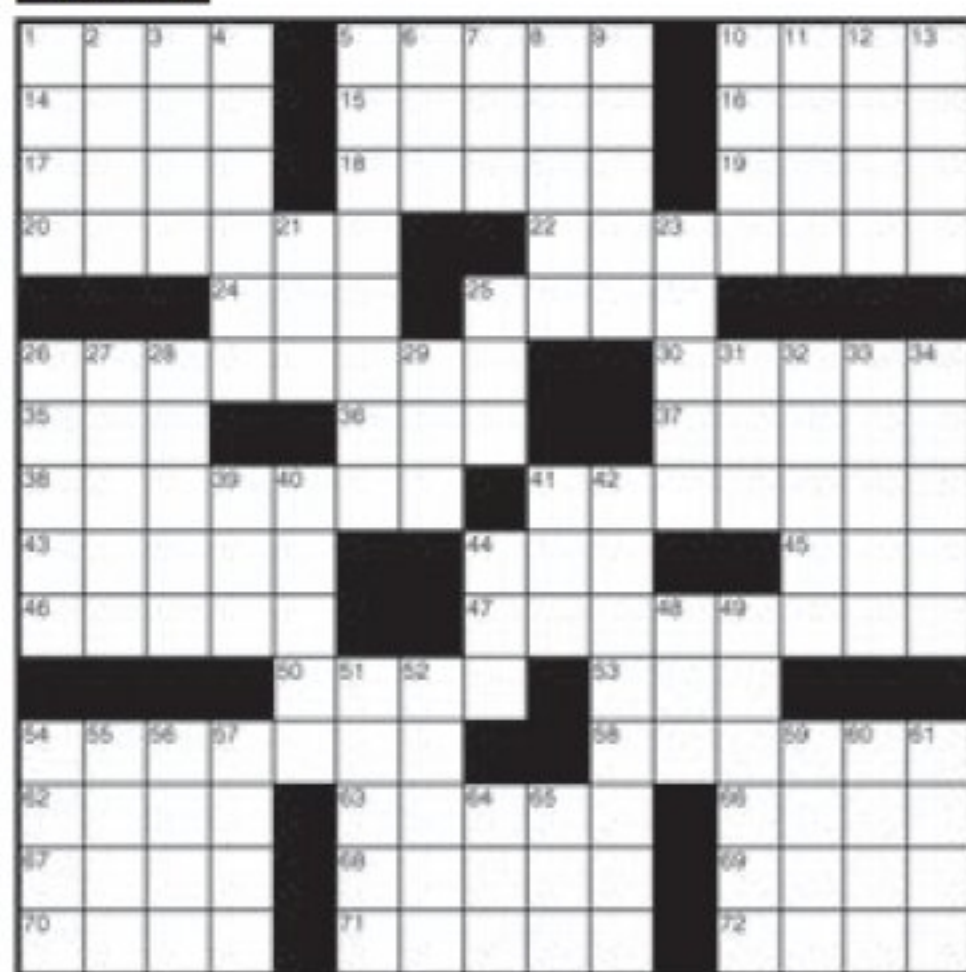
Sudoku: Easy and hard

5				2			1	3
2						5		
				3	9		8	
		9		6	4	8		7
8								1
3		4	9	1		6		
	4			1	5			
		1						4
6	2			4				9

3		2		4				8
				9			1	
5				3		7		2
				4	8		9	5
			2		1			
9		8		6	7			
8		4		7				9
	3				4			
6				1		2		4

How to play
Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Crossword



Across

- 1 Trendy
- 5 Meter reading
- 10 Pant
- 14 McEntire of music
- 15 Handles, in slang
- 16 Low voice
- 17 Pupil's place
- 18 Some moles
- 19 Come down hard
- 20 Dark igneous rock
- 22 Tern or albatross
- 24 Prickly husk
- 25 For fear that
- 26 Brazil neighbor
- 30 Rolex rival
- 35 Sooner than
- 36 PBS "Science Guy"
- 37 Full of cargo
- 38 Almost grown
- 41 Gold leaf
- 43 Pampas backdrop
- 44 Dad, to Grandpa
- 45 Sock filler
- 46 Wears well
- 47 Shah Jahan's memorial

(2 wds.)

- 50 Not stifling
- 53 Bird, once
- 54 How jet-setters travel (2 wds.)
- 58 Meteor impact site
- 62 Tusked animal
- 63 Not relevant
- 66 Short-tailed rodent
- 67 Gael republic
- 68 Cliffside abode
- 69 Important decades
- 70 Fracture finder (hyph.)
- 71 Faked out the goalie
- 72 Used email

Down

- 1 Storage bin
- 2 Zeus' spouse
- 3 Long-legged wader
- 4 Greenish melon
- 5 Jittery



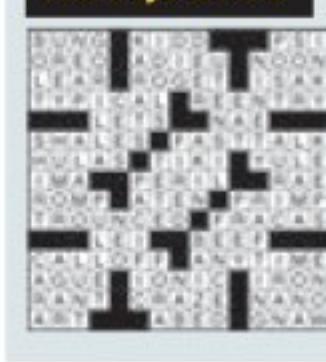
- 6 Maple syrup base
- 7 Jacques' pal
- 8 Migratory flocks
- 9 Hairpin curves
- 10 Uniform
- 11 Jai —
- 12 Move a little
- 13 Tadpole's place
- 21 Haul
- 23 Lagoon boundary
- 25 Strong alkali
- 26 Scent carrier
- 27 NBA venue
- 28 Long grasses
- 29 Response on deck
- 31 Impractical
- 32 Mrs. Archie Bunker
- 33 Columbus' port
- 34 Theater backer
- 39 After taxes
- 40 Mineral analysis
- 41 — — — few rounds
- 42 Gave Novocain
- 44 Pigpen
- 48 Dept. head
- 49 Century plants

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Use your smartphone to find today's crossword answers! Download and open the Blippar app on your smartphone and hold the screen over the puzzle.



Monday's answer



- 51 Homer opus
- 52 Ms. Zellweger
- 54 Mountain goat
- 55 Film — (grim genre)
- 56 Paretsky or Teasdale
- 57 Deuce taker
- 59 Raced off
- 60 Gusto
- 61 Lull
- 64 Hot Springs st.
- 65 Bakery buy



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3

SPORTS



Linebacker Brandon Spikes is back with the Patriots. / GETTY IMAGES

Patriots surprise by bringing back outspoken Spikes

NFL. Brandon Spikes accused the Pats of manipulating injury reports a little over a year ago.

Apparently you can bad-mouth the Patriots and live to see another day in Foxboro.

Linebacker Brandon Spikes, who slammed the Pats multiple times just a year ago after finding a short-lived home in Buffalo, is returning to New England. The hard-hitting Spikes signed a one-year deal with the Pats on Monday, according to multiple reports.

Spikes accused the Patriots of filing false injury reports in March of 2014 and, upon signing with the Bills, he tweeted out "4 years a slave." (Spikes spent the first four years of his career with the Patriots.)

"I heard they put me on IR and stuff like that. That was just a false report," Spikes told WGR-AM in Buffalo in March 2014. "That's just how things go [in New England]. Almost like what happened with [former Patriots cornerback] Aqib Talib and his hip."

Around the same time, Talib — by then a member of the Denver Broncos — had

Deflategate

Patriots owner Robert Kraft is still fuming following the NFL's decision to hand Tom Brady a four-game suspension and to dish out a \$1 million fine and to dock the club draft picks.

"This whole thing has been very disturbing," Kraft told TheMMQB.com. "I'm still thinking things out very carefully. But when you work for something your life ... I just get really worked up. To receive the harshest penalty in league history is just not fair."

"I've known Tommy [Brady] 16 years, almost half his life. He's a man and he's always been honest with me, and I trust him," Kraft said.



been outspoken about the way the Patriots manipulate injury reports.

"The Patriots have their way of reporting stuff, but I haven't had a hip problem since Tampa," Talib said. "The injury I had was actually a quad injury. It was reported as a hip injury, but that's how they do things."

The Patriots currently have a defensive roster clearly in transition as they no longer employ big-name talents like Darrelle Revis, Brandon Browner and Vince Wilfork.

"I think we know Brandon well," Patriots head coach Bill Belichick said last year ahead of a game against the Bills. "He's a good strong, physical player inside [that] does a good job in the running game."

Spikes went to Buffalo along with former Patriots linebackers coach Pepper Johnson in 2014. But when head coach Doug Marrone stepped down as Bills head coach on New Year's Eve, it more or less signaled the end of Spikes' and Johnson's brief tenures in upstate New York. Johnson is now the defensive line coach of the Jets.

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NBA

C's Bradley pushes for a Pierce return

From the day it was announced that Paul Pierce would be traded to Brooklyn, early in the summer of 2013, there were whispers that No. 34 could possibly return to Boston to finish his career. Pierce and the Celtics actually could have reunited last summer, but with the Celtics nowhere near title contention, No. 34 decided to take one more swing at a ring as he joined John Wall in Washington. Pierce was sensational in the 2014-15 postseason, coming up with clutch shots and looking rejuvenated when it mattered most. But when



Paul Pierce / GETTY IMAGES

the Wizards' season came to a close last week, Pierce openly pondered his future for the first time.

"I don't even know if I am going to play basketball anymore," Pierce said. "These seasons get harder and harder

every year, every day."

Pierce holds a \$5.5 million player option to return to Washington. Still, count Pierce's former Boston teammate Avery Bradley among those who would love to see Pierce finish his career in green.

"Paul is Boston Celtics culture," Bradley told 98.5 FM The Sports Hub. "One thing that Brad Stevens is able to do [is get] that same culture we had when [Doc Rivers] was here. It's [still here]. You go out and leave it out on the floor for your teammates. If he came back it would be the same, and that's the kind of player Paul is anyways. He plays hard every game." MATT BURKE

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Payment for participation is \$50 for each daytime visit and \$150 for each overnight visit.

For more information about this study contact:

Barbara at 1-888-490-7390 ext 2

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This study examines a method of non-invasive brain stimulation called Transcranial Direct Current Stimulation (tDCS) combined with transcranial ultrasound (TUS) and their effect on the symptoms of Parkinson's Disease.

Study visits will be conducted at Spaulding Rehabilitation Network Research Institute (SRN-RI) in Charlestown, MA, and will require 17 visits (1.5-2 hours each) over an 11-week period.

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For more information, please contact the Laboratory of Neuromodulation by phone at 617-952-6151 or by email at recruitment@neuromodulationlab.org.

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Unit A008	Nicole Defazi	Boxes, Bags, Totes
Unit A056	Andrea Peraino	Boxes, Bags, Totes
Unit A182	David Bingham	Boxes, Bags, Totes
Unit A321	Joseph Celata	Boxes, Bags, Totes
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Unit A431	JIM COLLINS	Boxes, Bags, Totes
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Unit A515	Amanda Kozloski	Boxes, Bags, Totes
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Unit A2031	Timothy Hyland	Boxes, Bags, Totes
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Unit A2164	Brenda James	Boxes, Bags, Totes
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Docket No. SU15P1052PO

Commonwealth of Massachusetts

The Trial Court

Probate and Family Court

Edward Marion Revocable Trust In the matter of:

Suffolk Probate and Family Court

24 New Chardon Street, Boston, MA 02114

(617) 788-8300

To all interested persons:

A Petition has been filed by: **Michael Marion of Bonita Springs FL** requesting that the Court Remove the Trustee and also the Court declare that Michael Marion is the sole trustee.

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before **10:00 a.m. on 06/11/2015**.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection followed by an Affidavit of Objections within thirty (30) days of the return date, action may be taken without further notice to you.

WITNESS, Hon. Joan P. Armstrong, First Justice of this Court.

Date: May 06, 2015

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Unit 099	Sean Spellman	Boxes, Bags, Totes
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Unit B038	Ann Hicks	Boxes, Bags, Totes
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